

# Food Servings

## How Much Food Does My Child Need...



1. How much food is enough and how much is too much? Kids should eat 3 meals a day and 2-3 healthy snacks during the day if they want it
2. Easy ways to figure out how big a serving your child should get:
  - ✓ 1 tablespoon per year of age for solid foods that are easy to measure
  - ✓ 1/4<sup>th</sup> to 1/3<sup>rd</sup> of the adult portion size for foods that may be difficult to measure- like bread and milk
3. There are some guidelines you can use to feed your child:
  - **4-6 years:** 2 servings (1½ ounce) of meat, 2 cups of milk, 4 servings of bread and grains, and 5 or more servings (½ cup) of vegetables and fruit
  - **7-12 years:** same, but increase meat serving size to 1½ -2 ounces
4. The amount of food depends upon your individual child- how old they are, how much activity they get, and how big or little they are... always let your child **stop** eating when they feel **full**.
5. It is not a good idea to use food as a reward- it may lead to overeating and obesity
6. Encourage your child to learn to eat a nutritionally balanced diet- good habits learned in childhood can lead to long, healthy life.
7. Remember, food likes and dislikes may change frequently- so be prepared to be creative in the kitchen and keep offering food that may have been refused in the past!!

